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TWICE IN YOUR LIFE
YOU WILL BE A VICTIM
IN A

MEDICAL EMERGENCY

INSURANCE OR GOVERNMENT
AGENCY

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TWICE IN YOUR LIFE

you **will** be involved in a medical emergency, as a victim or on-looker. In either case you need to know what to do — who to call, what to say, and what to do until help arrives.

TIME IS CRUCIAL

in a medical emergency. The information in this brochure can save you time. With this information you may help save a life. Keep this brochure handy — at home, in your car, at work.

ON-LOOKER SHOCK

Be aware that **YOU** may experience **ON-LOOKER SHOCK**. It's the kind of feeling which causes you to become confused and immobilized. You can and must control that feeling. You must be able to think clearly and **ACT**. Be aware of **ON-LOOKER SHOCK** and overcome it!

Life Saving Steps To Take **Before** An Emergency Occurs.

1. Write down the telephone numbers of your nearest: (see map inside)

Ambulance

Police or Sheriff

Doctor

Hospital

Fire Department

Keep the numbers and this brochure near your telephone — at home, in your car, at work.

2. Have your house number clearly marked so it can easily be seen from the street.
3. Carry a dime with you at all times (taped in your wallet or purse).
4. Obtain first aid and cardiopulmonary resuscitation (CPR) training. Contact your local Red Cross, Heart Association, fire department, hospital, or educational institution for information on date and location of first aid and CPR courses.

EMERGENCY

ACTION STEPS

WHO TO CALL

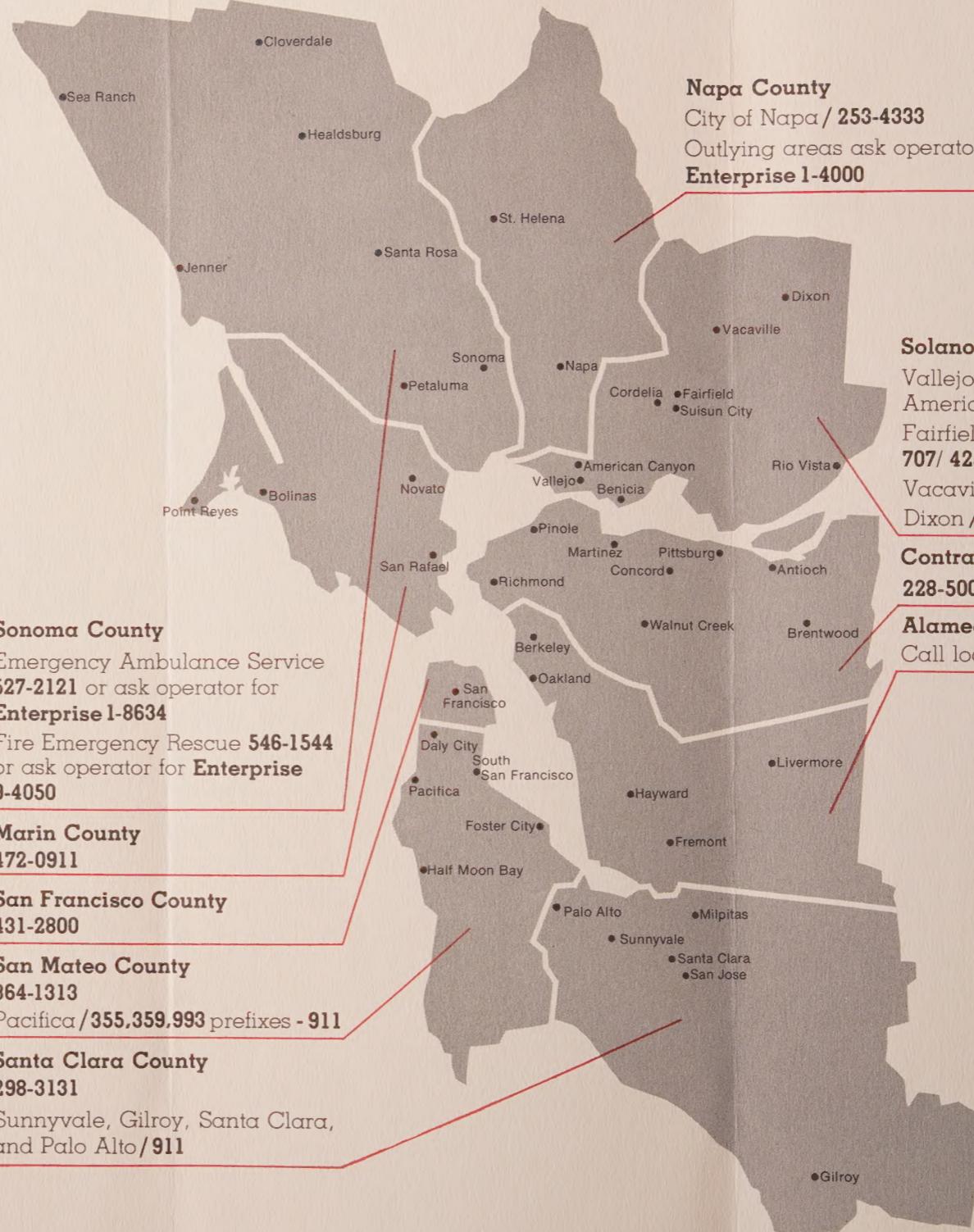
1. Determine the county you are in.
2. Locate the appropriate telephone number.
3. Make the call.

WHAT TO SAY

1. State calmly, "This is an emergency."
2. State calmly, "I need an ambulance because _____."
3. State calmly, your name, location of the victim, nearest crossroad, and telephone number you're calling from.
4. **DO NOT HANG UP** — until you are asked to.
5. Follow any instruction you are given.

AFTER YOU CALL

1. Remain with the victim until help arrives.
2. Keep the victim warm and comfortable.
3. **DO NOT MOVE THE VICTIM.**
4. Discourage crowds.
5. Apply first aid according to your ability.
DO NOT HARM THE VICTIM.
6. Watch for, or have others watch for, emergency vehicles.



Napa County
City of Napa / **253-4333**

Outlying areas ask operator for
Enterprise 1-4000

Solano County
Vallejo, Benicia, Rio Vista,
American Canyon / **911**
Fairfield, Cordelia, Suisun /
707/ 425-6363
Vacaville / **707/ 448-2240**
Dixon / **916/ 678-3311**

Contra Costa County
228-5006 or local fire department

Alameda County
Call local fire department



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HOW TO SAVE A LIFE

With First Aid

Cannot Be Taught In A Brochure

But

It Can Be Learned In A Class

LEARN FIRST AID & CARDIO PULMONARY RESUSCITATION (CPR)

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